

Mixed Berry Parfait







Recipe Rating	
Total Time	15 Minutes
Cooking Time	None
Total Labour	15 Minutes
Knife Skills	Basic

Equipment
Spatula/Spoon
Mixing Bowl or Pan

Nutrition Facts		Valeur nutritive	
Per 1 serv (138g) / par 1 serv (138g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories	100		
Fat / Lipides	.5g		1%
Saturated / satures	0g		
+ Trans / trans			
Cholesterol / Cholesterol	0mg		
Sodium / Sodium	60mg		3%
Carbohydrate / Glucides	18g		6%
Fibre / Fibres	2g		9%
Sugars / Sucres	10g		
Protein / Proteines	5g		
Vitamin A / Vitamine A			
Vitamin C / Vitamine C			2%
Calcium / Calcium			15%
Iron / Fer			4%

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	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Vanilla Yogurt	2.35 Kg	5.1Lbs	4.7 Kg	10.2 Lbs
Rolled Oats	200 gm	7.1 oz	400 gm	14.2 oz
Brown Sugar	50 gm	1.8 oz	100 gm	3.6 oz
Mixed Berries	875 gm	1.9 Lbs	1.75 Kg	3.8 Lbs

Method	
	<p>1. Portion yogurt into serving dish (glass used for visual display).</p> <p>Wash mixed berries (defrost if frozen).</p>
	<p>2. Sprinkle rolled oats over the yogurt.</p>
	<p>3. Sprinkle brown sugar over rolled oats.</p>
	<p>4. Add mixed berries to the top and serve.</p>
<p>Garnish: Mint leaf or a garnished berry</p>	
<p>Food Accompany: Any suitable accompaniment</p>	